

The Customized Parent: Parenting Plan Template

Parenting Mission Statement:

Communication

Pre-communication Mantra:

Off limits words and phrases:

Words and phrases we want to use more:

Facial expressions, and hand and body movements we'll use to convey certain messages:

Topics we want to communicate about more:

Topics that are hard for us to discuss, and a plan for working through that:

Communication tools we're implementing:

How often we plan on discussing the state of our family communication:

Emotions

Nicknames for Difficult Emotions:

Formula for Processing and Clearing Emotions:

Daily Emotion Review and Reset Practices:

Parameters for Emotional Expression:

Boundaries

Family Definition of Boundaries:

Core Family Boundaries:

Formula For Sharing Boundaries With Others:

Plan for What To Do When a Boundary Is Breached:

Daily Practices To Support Our Boundaries:

Boundary Contracts:

Discipline

Rules and Consequences for The Kids:

Rules and Consequences for The Parents:

Tantrum Management Plan For Child:

Tantrum Management Plan For Parents:

Conflict Resolution Formula:

Family Values

Primary Family Values:

Secondary Family Values:

Family Mission Statement:

Activities to Promote Family Values:

Friendships

Favorite parent-child socializing activities:

Frequency of socializing:

Friends to keep in touch with:

New friendships to nurture:

Qualities of an ideal friend:

Resolution plan for conflicts between children:

Resolution plan for conflicts between parents:

Pre-socializing preparation plan:

Why my child makes an amazing friend:

Why I make an amazing friend:

Family Schedule Outline

- Morning schedule:
- Afternoon schedule:
- Evening Schedule:
- Weekend Schedule:
- Plan for transitions:
- Chores for child/ren:

- Plan for getting child/ren invested in schedule and chores:
- Tasks to delegate to other adults:

Hygiene Plan

- Handwashing:
- Bathing:
- Hair:
- Teeth:
- Sniffle, sneeze, and cough etiquette:

Potty Learning Plan:

- Age we will start:
- Materials we will use:
- Initial techniques we'll utilize:
- Back up techniques to try:
- Plan for accidents:
- The adults that need to know our plan:

Safety Plan

- Kitchen:
- Bathing:
- Play:

- Sleep:
- Stairs:
- Car:
- Park:
- Parking lots:
- Pools and other bodies of water:
- Etc:

Food

Our family food philosophy:

Plan for bypassing my child's eating challenges:

Plan for bypassing my eating challenges:

Morning eating plan:

Afternoon eating plan:

Evening eating plan:

Go-to shopping list:

Sleep

My child's bedtime routine:

My bedtime routine:

Plan for creating an ideal sleeping arrangement:

Plan for moving my child through sleep challenges:

Favorite self-soothing techniques:

Parenting Village

Members of my parenting village:

Specific support each village member provides:

Expectations for each village member:

Criteria and budget for additional childcare:

Conflict resolution plan:

Parenting village schedule:

Self-care

Essential Daily Self-Care Activities:

Essential Weekly Self-Care Activities:

Essential Monthly Self-Care Activities:

Essential Yearly Self-Care Activities:

Plan to enhance my career:

Plan to enhance my creativity:

Plan to enhance my friendships:

Plan to enhance my intimate life:

Plan to enhance my spirituality:

Plan to work through barriers to self-care: